

## Fruit and Yogurt Parfait

Makes 1 snack size parfait

### Ingredients:

1/2 cup low-fat or fat free vanilla yogurt

1/4 cup sliced strawberries

2 tablespoons low-fat granola

### Procedure

- Layer 1/4 cup of yogurt in a cup.
- Add the 1/4 cup fruit.
- Add the remainder of the yogurt to the cup
- Top with granola.
- Serve chilled.



**TIP:** Substitute other fruits for endless variations. Bananas, peaches, and raspberries work very well. Canned fruit in its own juice and dried fruit are also good.

*Source: Unknown*